THE EFFECT OF GIVING BOILED EGGS ON INCREASING HEMOGLOBIN LEVELS IN ADOLESCENT GIRLS

Dewani Cipta Maheswari[1] , Rina Sri Widayati[2]
202216009@students.unisa-surakarta.ac.id
Universitas 'Aisyiyah Surakarta

ABSTRACT

Background: *The problem of anemia is still a serious challenge for teenagers. Based on data from the Boyolali Regency Health Office in 2025, the percentage of female adolescents who suffer from anemia, especially in Teras District, Boyolali Regency, was 24.81%. Anemia requires treatment not only from medical supplements such as Fe tablets, as the addition of boiled eggs can also increase hemoglobin levels.* ***Objective:*** *To determine the effect of giving boiled eggs on increasing hemoglobin levels in female adolescents at SMP N 2 Teras.* ***Method:*** *Quasi-experimental research with a two-group pretest posttest design with a population of 52 female students, a total of 36 samples were taken using consecutive sampling techniques. The intervention group was given 1 tablet per day for 7 consecutive days, while the control group only underwent the routine habit of consuming Fe tablets without additional boiled eggs. Analysis test with the Wilcoxon test.* ***Results:*** *The mean hemoglobin levels in the intervention group were 11.01 g/dL before the intervention and 13.08 g/dL after the intervention, whereas in the control group, they were 11.26 g/dL and 11.28 g/dL, respectively. The Wilcoxon test showed a significant difference in the intervention group (p=0.001), while the control group showed no significant difference (p=0.704).* ***Conclusion:*** *There was a significant effect of giving boiled eggs on increasing hemoglobin levels in the intervention group, while in the control group there was no effect on increasing hemoglobin levels.*

Keywords: *Anemia, Boiled Eggs, Hemoglobin, Adolescents*